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EC60-924 Quick and Easy Meals

Ethel Diedrichsen

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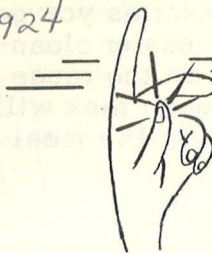
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Quick and Easy Meals

Ethel Diedrichsen
Extension Specialist, Food and Nutrition

PLANNING IS IMPORTANT

Your family can be well-fed even though the time for meal preparation is short. This is possible if you use prepared foods and take advantage of shortcuts. Satisfying, quick, and easy meals can be prepared if you have a plan and follow it.

Keep on hand several menus which can be prepared quickly. Food your family likes should be included. Keep the recipes with the menus in a convenient place in the kitchen. Be sure the ingredients needed for these meals are on hand. Replace them immediately after using.

Select meals that are simple, using foods that require little or no preparation. Use mixes, canned foods and ready-to-serve frozen foods. You can purchase a variety of convenience foods, or prepare foods ahead when you have the time. With a well-planned menu you can provide a meal in minutes that will please your family.

BE A GOOD MANAGER

Management includes planning meals, planning time, and planning the work area to save time and steps. Equipment and utensils should be grouped according to use. Even with the best equipment you can waste time if the kitchen is not well arranged.

EXTENSION SERVICE
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AND U. S. DEPARTMENT OF AGRICULTURE
COOPERATING
E. F. FROLIK, DEAN E. W. JANIKE, DIRECTOR

Learn to save cleanup time. Collect fruit and vegetable peelings on newspapers or paper towels for easy disposal. Make a habit of washing equipment as you go along. Put pans to soak during the meal for easier cleaning afterwards. Wipe up anything spilled on the range, work table or floor. Minutes saved with each task will shorten the total time needed for preparing the meal.

RECIPES

Chicken Shortcakes

- | | |
|---------------------------------|----------------------------|
| 1 package refrigerator biscuits | 1/4 cup milk or water |
| 1/2 cup frozen peas | 1 cup diced cooked chicken |
| 1 can cream of chicken soup | |

Bake biscuits as directed on package. Cook frozen peas. Add soup, milk, and diced chicken and heat thoroughly. Spoon chicken mixture over split biscuits. Allow two biscuits per serving. Makes 4 servings.

Salmon Potato Cakes

- | | |
|-----------------------|------------------------|
| 1 cup mashed potatoes | Chopped parsley, onion |
| 1 egg, beaten lightly | juice, or celery seed |
| 1 cup salmon, minced | |

Combine mashed potatoes, egg and salmon. Season with chopped parsley, onion juice, or celery seed, and shape into small cakes. Dip the cakes into crushed cornflakes or bread crumbs, and brown in butter or bacon drippings. Makes 4 servings.

Carmel Nut Rolls

- | | |
|-----------------------------|---------------------------------|
| 1/2 cup brown sugar | 1/2 cup chopped nuts |
| 1/3 cup butter, melted | 1 package brown-and-serve rolls |
| 1 tablespoon sirup or water | |

Spread the mixture of brown sugar, butter, nuts, and sirup in the bottom of a 7 x 11 inch pan. Place brown-and-

serve rolls topside down on mixture. Bake at 400° for 25 minutes. Let stand for a minute; invert pan and remove rolls.

Super Bread Sticks

Quarter frankfurter rolls lengthwise. Spread the sides with soft butter or salad oil. Roll in minced parsley, chives, poppy seeds or grated Parmesan cheese. Brown in 425° oven for 5 minutes.

Strawberry Freeze

20 marshmallows	1 package frozen strawberries
2 tablespoons lemon juice	1 cup heavy cream, whipped

Cut marshmallows into pieces and combine with lemon juice. Heat until marshmallows are melted; cool slightly. Mash partially thawed strawberries. Fold strawberries and whipped cream into marshmallow mixture. Pour into refrigerator tray and freeze until firm. Makes 6 servings.

Lemon Cream Cheese Pie

8 ounce package cream cheese	1 package instant lemon pudding mix
2 cups milk	9-inch graham cracker crust

Blend cream cheese with 1/2 cup of the milk. Add remaining milk and the pudding mix. Beat slowly with egg beater for 1 minute. (Do not overbeat.) Pour into graham cracker crust. Sprinkle a few crumbs lightly over the top. Chill one hour before serving.

Extra Quick Desserts

Applesauce with a spoonful of commercial sour cream.

Vanilla ice cream topped with concentrated orange juice.

Lemon sherbet with 1/4 cup chilled graped juice.

One can black cherries with 1 package frozen raspberries.

SUGGESTED MENUS

*Chicken Shortcakes
Frozen Lima Beans
Vegetable Gelatin Salad
Extra Biscuits Butter
Lemon Sherbet
Milk

Canned Stew over Minute
Rice
Cucumber & Tomato Salad
Buttered Green Beans
*Super Bread Sticks
Frozen Peaches
Milk

Vegetable Soup
Toasted Cheese Sandwich
with Bacon Strips
Carrot & Celery Sticks
Gelatin with *Custard
Milk

Scrambled Eggs
Buttered Broccoli
Pear Cottage Cheese Salad
Bran Muffins Butter
Applesauce Cake
Milk

*Salmon Potato Cakes
Frozen Peas
Lettuce with Russian
Dressing
Cornbread Butter
Frozen Rhubarb Pie
Milk

Broiled Meat Patties
Hash Browned Potatoes
Sliced Tomatoes
Rolls Butter
*Strawberry Freeze
Milk

Broiled Steak
Frozen French Fried
Potatoes
Caesar Salad
Cloverleaf Rolls Butter
Fruit Cookies
Milk

Frozen Fish Sticks
Browned Potatoes
Panned Carrots
Coleslaw
*Caramel Nut Rolls
Milk

Broiled Ham Slice with
Raisin Sauce
Whole Kernel Corn
Tossed Green Salad
Quick Cinnamon Rolls
Milk

Fried Liver & Onions
Instant Mashed Potatoes
Relish Plate
Hard Rolls Butter
*Lemon Cream Cheese Pie
Milk

*Starred recipes are included in the circular.